





— 6620 —

Or swellings in the neck  
since I was 10 years old.

[illegible]

**A SCOTCH LASSIE RESCUED BY  
CANADIAN.**

**Her Life Was Despaired of—Subject  
Fainting Spells and Heart Trouble  
Doctors Said Recovery Was Impossible  
—A Wonderful Story.**

From the Glasgow Echo.

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"This is the lassie," said the mother. "Heaven knows that a miracle has wrought upon her. Eighteen months ago she was a pale, thin, delicate creature, but now she is as plump as a pig."

On Sunday morning she was

before she had got out the words her head became like that of a corpse, and she fell away into a faint. I sent for the doctor who said she had heart disease. When I saw her again she had grown worse and the doctor said, 'The poor lassie is very through.' We expected that poor girl would not live long. There was no life in her face. She was wasting away, and cheek bones sticking through as if they were breaking the skin. Her arms and legs just bones. The doctor said, 'Lizzie cannot stand the winter, but if she does that she will be all.' One day, however, I chanced to read of several cases in which dying

has been portrayed by the author as a strong, businesslike, but also generous and sympathetic person. The fifth box she was perfectly well, and is not now a stronger young woman than when she was a girl. The sixth box she was a townhead of Glasgow, though at one time she was a member of the church of any of the neighbors," said Mrs. D. in conclusion, "or any person in the neighborhood, and they are all well, and they are all strong, wherever I was in life," added the daughter, "yet hardly describe how ill I was when I was in the hospital, and how I got down stairs; I was afraid to walk out of the fluttering sensation in my heart. I took Mr. Williams' Pink Pills, and I was cured, and I feel that I saved my life."

Miss Wood, the lady who drew the picture, said that she had seen the picture have their daughter's portrait taken, for they thought that she was soon sleeping in her grave. Liza

**RAISING A BRIDGE**

Lifted Five Feet Without Interruption of Railroad Traffic.

The raising of a bridge in Switzerland upon the line of the International Railway from Paris to Vienna, has attracted considerable attention from the engineering world. The occasion for the change was the Locomotive Engineering Society, which crossed the bridge had lost in the final race the passage between the Alps about 25 per cent, in thirteen years, to the deposition of gravel and sand, while the high water level had risen to an extent as to pile floating debris

deep on the bridge floor in times of flood. The alterations included some repairs, besides the raising of the structure about five feet. The bridge is continuous over a centre pier, and has main vertical posts there and four vertical end posts. To each of these posts a truss was attached in a transverse vertical plane, presenting a surface to the top of a hydraulic jack to act upon. For special 100-ton jacks were used, with eight-inch stroke and a working pressure of 40 atmospheres, the piston being 20 7/8 in diameter. The fluid used was a mixture of water, alcohol, and glycerine. Six

men operated the blocks, their work was a painstaking task designed to secure uniformity of action. The bridge was raised a foot or two by each lift, followed by thoroughly blocking the ends and under an course of the masonry. The total load was 540 tons, and the maximum load on a single jack was eighty tons. The work was done in three stages during intervals between trains. The longest interval between trains was about two hours. The work was strictly restricted during the time the bridge was undergoing repairs, and speed was limited to three miles an hour in crossing the bridge. The new crossing system was organized so that section of the line upon which the bridge is located, so that operations could be carried on without any interruption before the arrival of a train at a station.

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**I Had Colic**  
Or swellings to the neck  
some time. I was 10 years old  
and now I'm 25.  
Hood's Sarsaparilla  
cleaned and the swelling  
has entirely  
It has been very trouble-  
some. When I began  
I was feeling so discom-  
mod with the colic and  
rheumatism. I felt that  
I would never  
be alive. Whenever I caught cold I could not  
walk. I was  
from it all and I  
felt fainting. Now I am  
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feels. I  
received a letter from  
you in the  
of Colic, which  
Sarsaparilla was true. I  
another letter from  
me. I  
thank you very much  
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and stating that the  
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Hood's PILLS were the best  
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received a letter from  
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of Colic, which  
Sarsaparilla was true. I  
another letter from  
me. I  
thank you very much  
for your recommendation  
and stating that the  
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some time ago. I was 10 years old  
and now I'm 12.  
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cleaned and the swelling  
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It has been very trouble-  
some. When I began  
I was feeling so discom-  
forted with the colic and  
rheumatism I felt that  
I would never  
be alive. Whenever I caught cold I could not  
walk. I was  
from it all and I  
felt fainting. Now I am  
strong. I  
Jennie Hughes  
received a letter from  
her mother  
in behalf of Hood's  
Sarsaparilla was true. I  
received another letter from  
her mother  
thanking me very much for recommending  
Hood's Sarsaparilla  
and stating that she also had been cured  
of her colic and rheumatism.  
MR. A. C. SUTHERLAND, Kalamazoo, Mich.

**HOOD'S PILLS** are the best after-dinner  
pills. They assist digestion and cure indigestion.

**A GLASGOW MIRACLE**

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deep on the bridge floor in times of flood. The alterations included some repairs, besides the raising of the structure about five feet. The bridge is continuous over a centre pier, and has main vertical posts there and four vertical end posts. To each of these posts a truss was attached in a transverse vertical plane, presenting a surface to the top of a hydraulic jack to act upon. For special 100-ton jacks were used, with eight-inch stroke and a working pressure of 40 atmospheres, the piston being 7 ft in diameter. The fluid used was a mix of water, alcohol, and glycerine. Six

men operated the blocks, their work was a painstaking task designed to secure uniformity of action. The bridge was raised a foot or two by each lift, followed by thoroughly blocking the ends and under an course of the masonry. The total load was 540 tons, and the maximum load on a single jack was eighty tons. The work was done in three stages during intervals between trains. The longest interval between trains was about two hours. The work was strictly restricted during the time the bridge was undergoing repairs, and speed was limited to three miles an hour in crossing the bridge. The new crossing system was organized so that section of the line upon which the bridge is located, so that operations could be carried on without any interruption before the arrival of a train at a station.

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## HEALTH.

### The Invalid's Bed.

One of the most disagreeable features of a protracted illness is the necessity of close confinement to the patient's bed. If he is compelled to keep his bed, his discomfort and impatience are of course greatly intensified. It is not only the patient's bed, but his bed, which is the most important factor in his recovery. It is not only the patient's bed, but his bed, which is the most important factor in his recovery.

First of all, we must have a mattress which presents a firm, even surface; one stuffed with curled hair will exactly meet our wants. Feather beds are a constant nuisance to both the patient and nurse. The mattress should be turned over from time to time, in order that it may not become compacted at any point.

The sheets and linen should be soft and kept as spotless as possible. If the sick person is very restless, it will be better to use a sheet which is not so easily soiled. It is extremely irritating. It is better to use a long confinement in the sick room except for a few minutes, and the patient is not to be disturbed.

It is not necessary to urge the propriety of taking the whole bed to pieces every morning, and thoroughly exposing the mattress and each piece of bedding separately to the action of fresh air.

There are many other things which will suggest themselves, and the importance of making a comfortable bed is a subject which is not to be overlooked. It is not only the patient's bed, but his bed, which is the most important factor in his recovery.

Will-Power and Disease. There is a great deal to be said in favor of what is called will-power. It is the power of the mind to control the body. It is the power of the mind to control the body. It is the power of the mind to control the body.

Ventilation for Closets. A point of almost universal neglect in the building of our houses is the ventilation of closets. Every closet should be provided with a window for the protection of clothing from mildew, and from disease germs, and if for no other reason, as a provision against that unpleasant and unhealthy odor which is so often associated with the average closet and unventilated closet. The same rule applies equally to a storeroom, and to a closet for the preservation of fruit, vegetables, and other kinds of food.

The Teeth and the Throat. A correspondent writes: "The teeth should be brushed and the tongue thoroughly cleansed at bedtime. This stimulates healthy circulation in the throat, and prevents the hoarseness which is caused by accumulation of mucus in the inner passages of the car."

Health Hints. It is said that sleep water is an unfailing remedy for hydrophobia. Facial neuralgia is generally caused by nervous fatigue, by cold, or by mental excitement. If the white of an egg is immediately applied to a burn it will take away the pain and prevent the formation of a scar.

Margaret Fuller once said, "Never talk about your diseases." She might have gone a step farther and said, "Never think about them." It is sound advice, for we may all profit by it, and be the healthier for it.

Fluffy fresh air and sunshine help to keep the neck fair and healthy. Avoid close fitting neckwear, as it is apt to cause uncleanliness and unsightly eruptions. Do not use old mittens or papers for wrapping up food. The germ of disease has been prohibited the use of such papers, and also of old mittens to inclose articles intended to be eaten.

Try a luncheon of hot salt outside the face for neuralgia, fill the mouth with hot salt water, and keep it in for a few minutes. It is a piece of mutton and put it in for a second or two when carbo is troublesome.

Nothing so quickly restores tone to exhausted nerves and strength to a weary body as a bath containing an ounce of a weak ammonia to each pint of water. It will soothe the flesh and smooth the marble, and render the body pure and free from all odors.

Don't take a hot bath in the morning. It is the very worst thing one can do to the complexion, and it is a sure sign of a cold bath in the morning and night. Take a cold bath in the morning and night. Take a cold bath in the morning and night.

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## ROYALTY IN SUMMER.

### Hot Weather Retreats of the Kings and Queens of Europe.

The summer of 1900, for more than twenty years, has usually divided the summer and autumn months between Osborne and Balmoral castles.

Often when the weather is pleasant and the sun is shining, the royal family is to be seen in the shade of some fine old tree. In this fashion they are frequently dining at breakfast and afternoon tea.

The life led by the Prince of Wales during the summer months is a much busier and more varied one than that of his august mother. He usually makes the rounds of the great country houses of England, where he is coming to stay.

His mother, the Queen, is usually at Sandringham, a typical country house, pleasantly situated in a typical English county.

Rosper William is an enthusiastic hunter. He is a great lover of the hunt. He is a great lover of the hunt. He is a great lover of the hunt.

There are many other things which will suggest themselves, and the importance of making a comfortable bed is a subject which is not to be overlooked. It is not only the patient's bed, but his bed, which is the most important factor in his recovery.

Will-Power and Disease. There is a great deal to be said in favor of what is called will-power. It is the power of the mind to control the body. It is the power of the mind to control the body. It is the power of the mind to control the body.

Ventilation for Closets. A point of almost universal neglect in the building of our houses is the ventilation of closets. Every closet should be provided with a window for the protection of clothing from mildew, and from disease germs, and if for no other reason, as a provision against that unpleasant and unhealthy odor which is so often associated with the average closet and unventilated closet.

The Teeth and the Throat. A correspondent writes: "The teeth should be brushed and the tongue thoroughly cleansed at bedtime. This stimulates healthy circulation in the throat, and prevents the hoarseness which is caused by accumulation of mucus in the inner passages of the car."

Health Hints. It is said that sleep water is an unfailing remedy for hydrophobia. Facial neuralgia is generally caused by nervous fatigue, by cold, or by mental excitement. If the white of an egg is immediately applied to a burn it will take away the pain and prevent the formation of a scar.

Margaret Fuller once said, "Never talk about your diseases." She might have gone a step farther and said, "Never think about them." It is sound advice, for we may all profit by it, and be the healthier for it.

Fluffy fresh air and sunshine help to keep the neck fair and healthy. Avoid close fitting neckwear, as it is apt to cause uncleanliness and unsightly eruptions. Do not use old mittens or papers for wrapping up food. The germ of disease has been prohibited the use of such papers, and also of old mittens to inclose articles intended to be eaten.

Try a luncheon of hot salt outside the face for neuralgia, fill the mouth with hot salt water, and keep it in for a few minutes. It is a piece of mutton and put it in for a second or two when carbo is troublesome.

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## YOUNG FOLKS.

### Bess and Bill in a Garden.

Up and down the garden walk, Bess and Bill, with merry talk, were going to pick the flowers.

All the pretty children laugh, When they look at you, they said, "You are just a little bit old."

"Dear old folks," said little Bill, "You are just a little bit old."

"Mamma, dear," said little Bill, "You are just a little bit old."

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## SOME FUNNY PIECES.

### Backley is taking great interest in studying the law.

"No," he said, "I am not. I am taking great interest in studying the law. I am taking great interest in studying the law. I am taking great interest in studying the law."

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## POETRY.

### You and I.

If we could have the world alone, We would not care to live, And we would not care to die, And we would not care to live, And we would not care to die.

If we could have the world alone, We would not care to live, And we would not care to die, And we would not care to live, And we would not care to die.

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## CHINA KEeps HER EYES OPEN.

### The Government is Attentive to European News and Theories of Civilization.

The popular impression that China is a backward nation and is incapable of civilization, to the neglect of all progressive opportunities and to the contempt of modern ideas, is erroneous. Though the people at large are ignorant and superstitious, the government has for many years been attentive to European forms and theories of civilization and has adopted whatever seemed advantageous to the political progress of the Empire.

The Chinese government has been less successful in the political progress of the Empire. The Chinese government has been less successful in the political progress of the Empire. The Chinese government has been less successful in the political progress of the Empire.

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## Blood Poisoning.

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